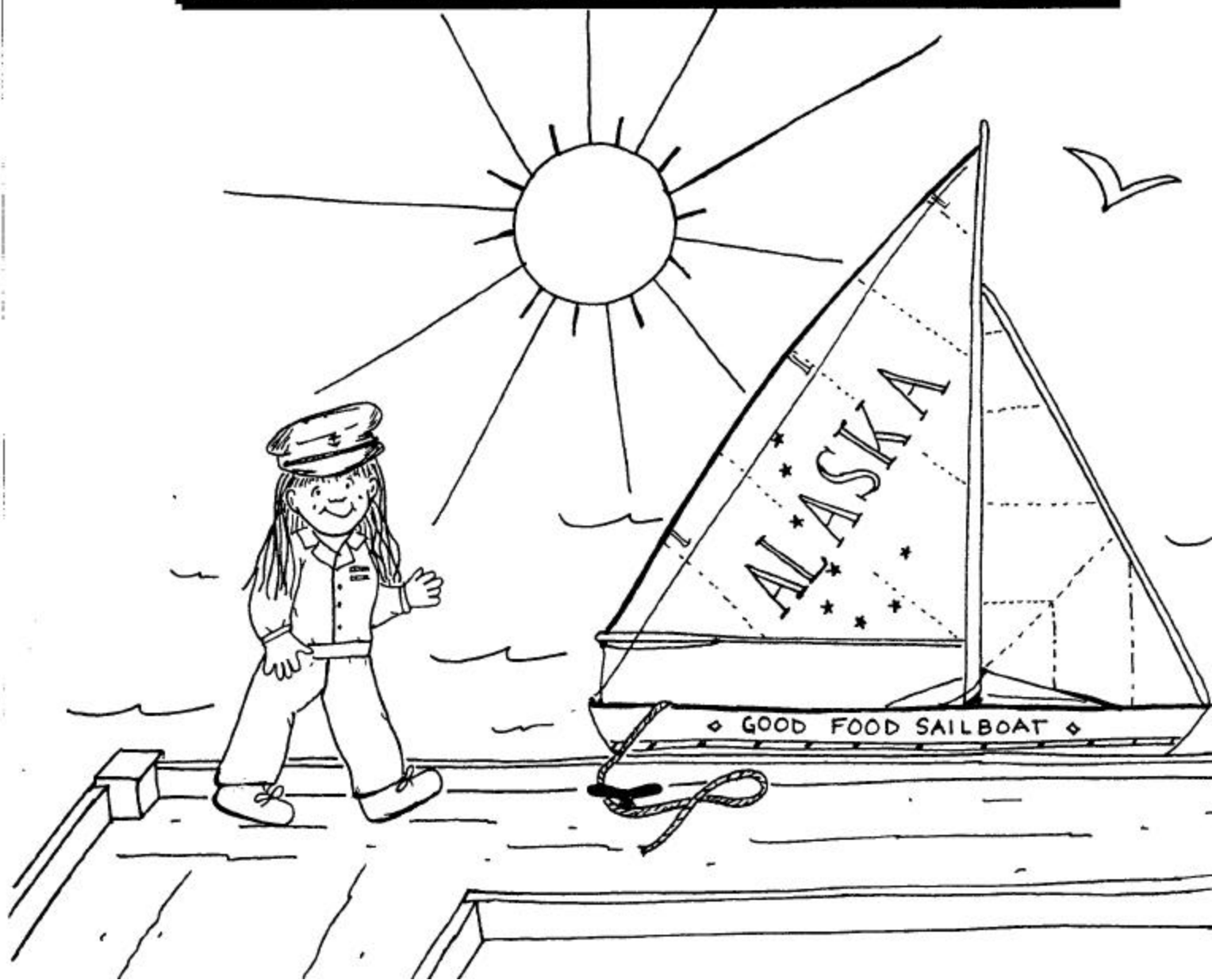



# THE ALASKAN GOOD FOOD SAILBOAT




**Captain Karen is  
sailing all around  
Alaska collecting a  
variety of good food  
Alaskan people like  
to eat.**

**She welcomes you  
aboard and wants  
you to see the good  
food.**

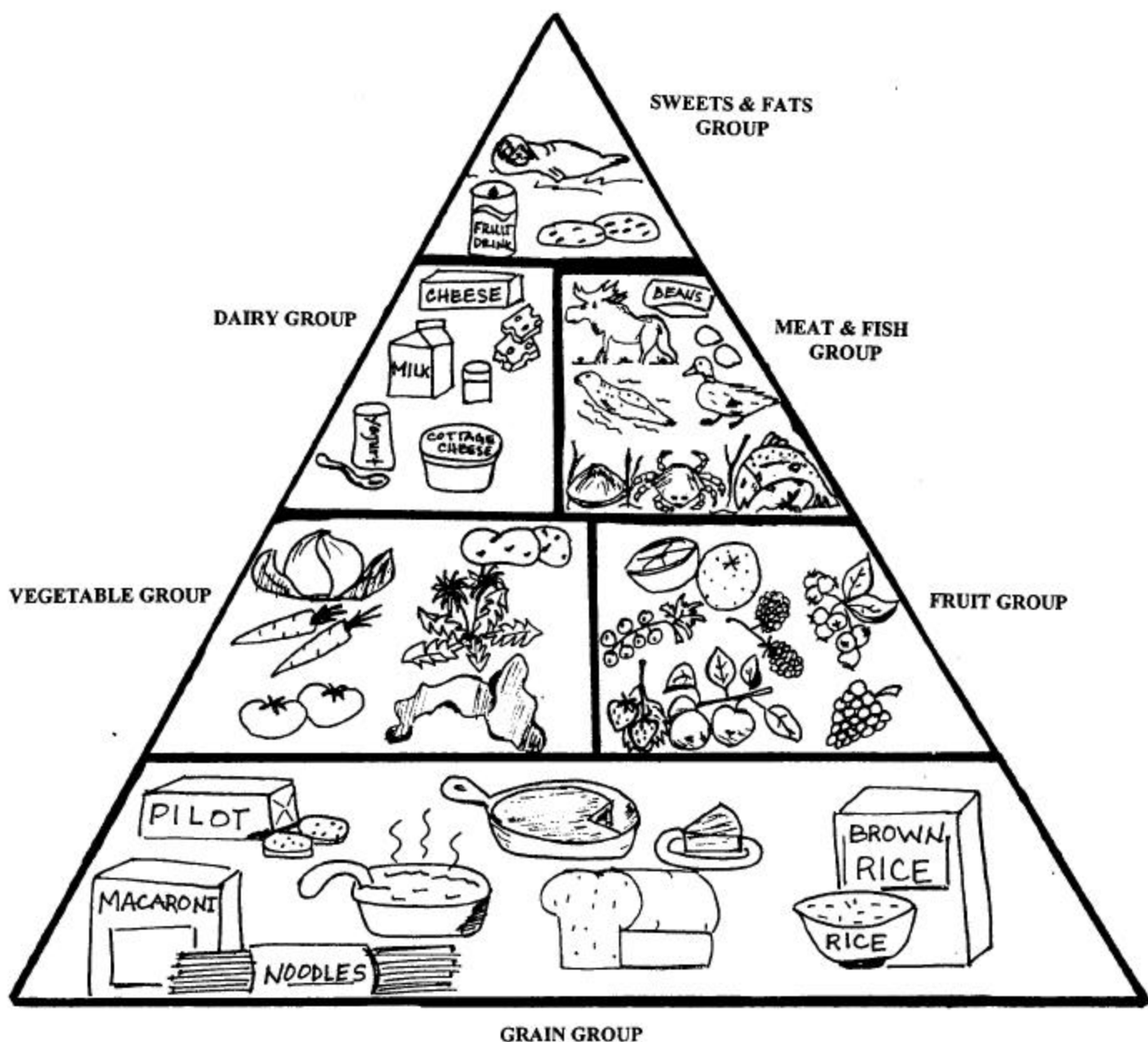


 This is your ticket to board Captain Karen's good food sailboat. Cut out your ticket and use it as you travel onto each page. Match the food on each page to those found on your ticket.

 Your ticket shows the food groups. They are placed in a pyramid to show that you need to eat more foods from the bottom and less from the top.



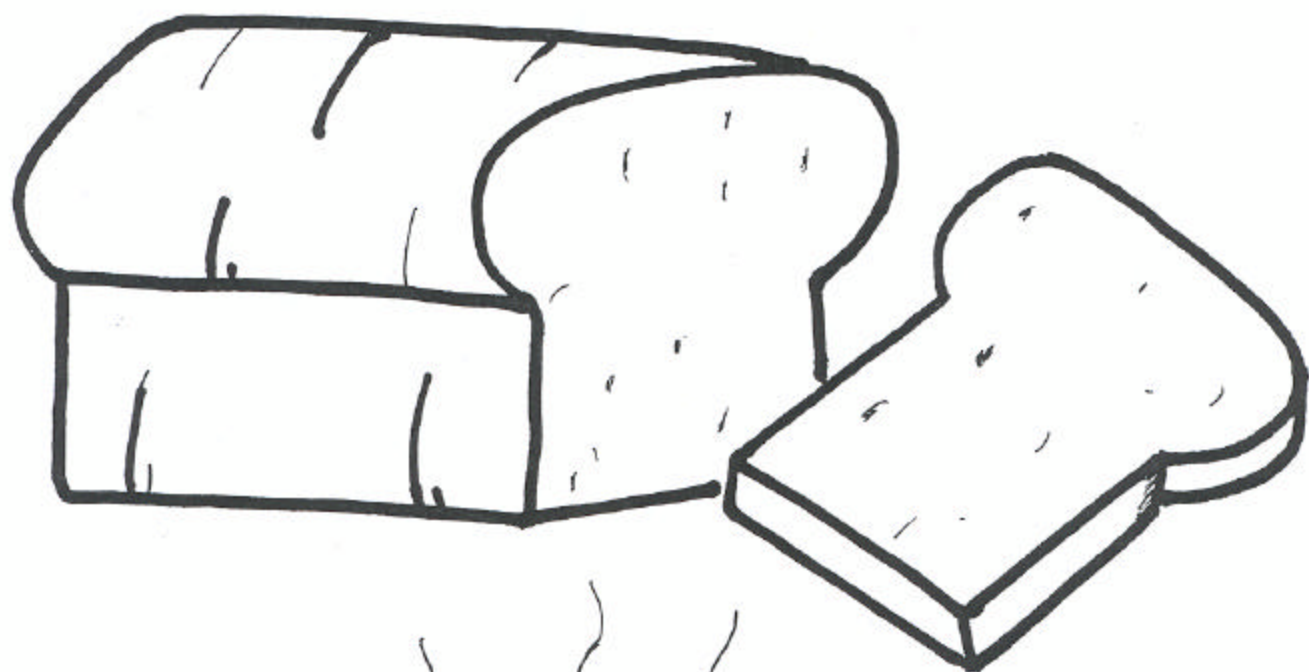
# GOOD FOOD SAILBOAT TICKET



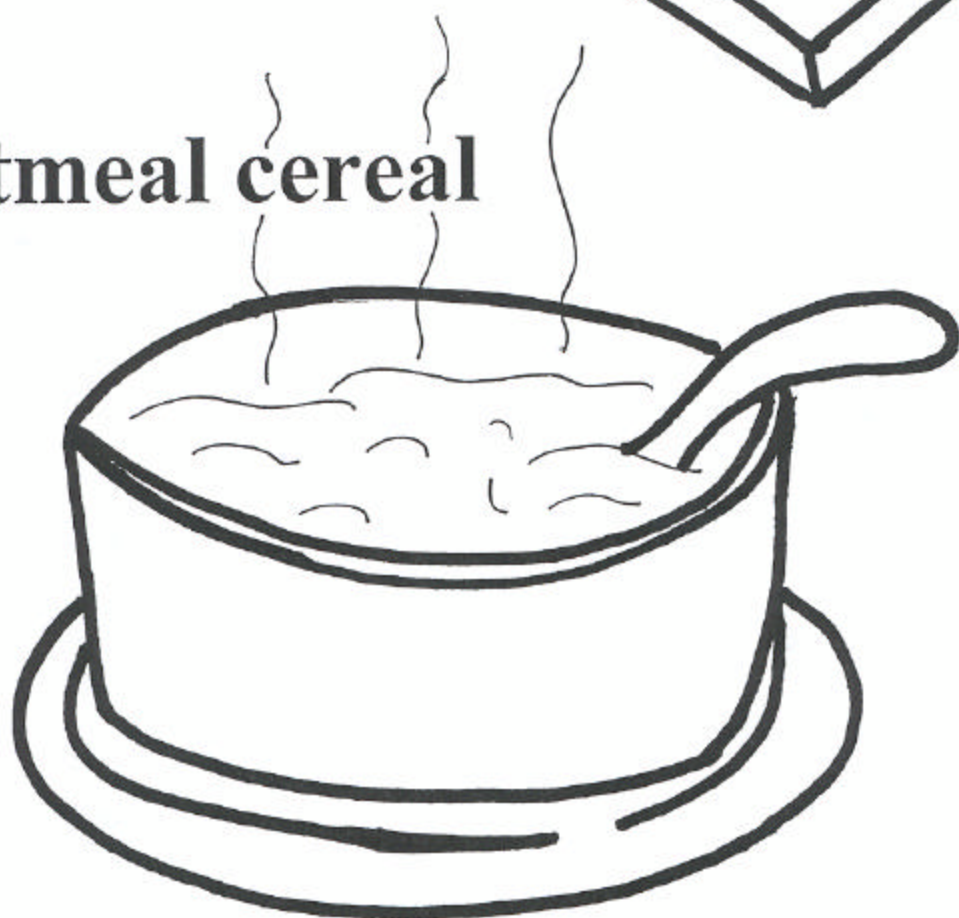


**GRAIN GROUP**

**whole wheat bread**

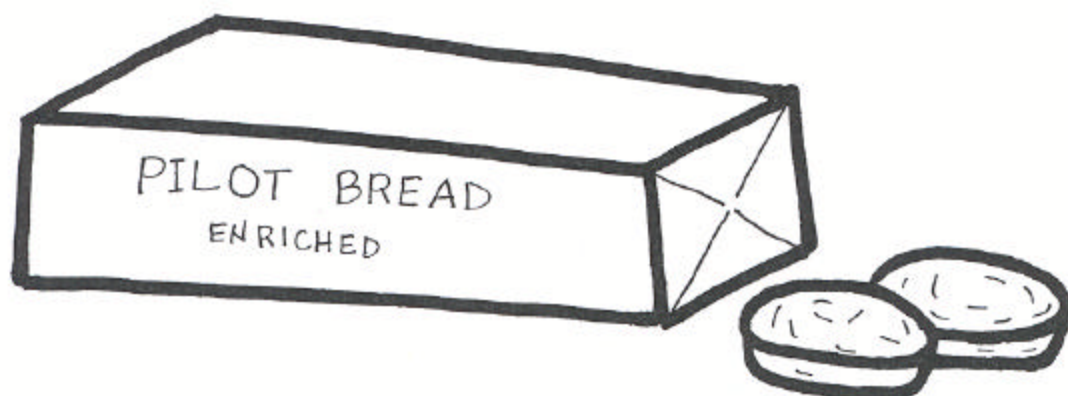


**oatmeal cereal**

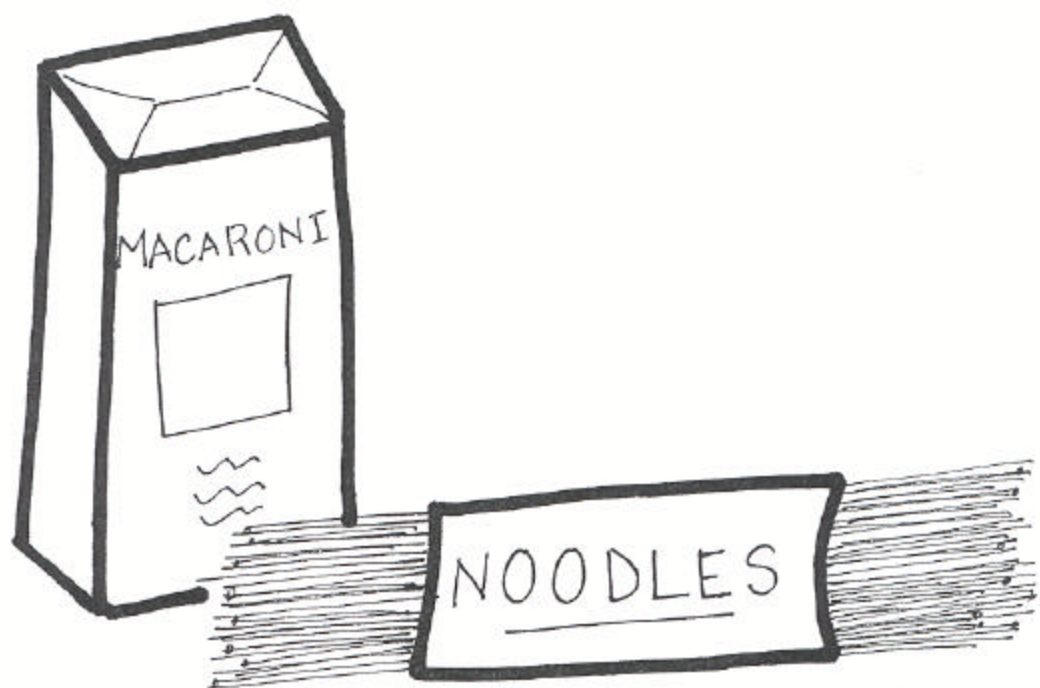


## GRAIN GROUP

**pilot bread**

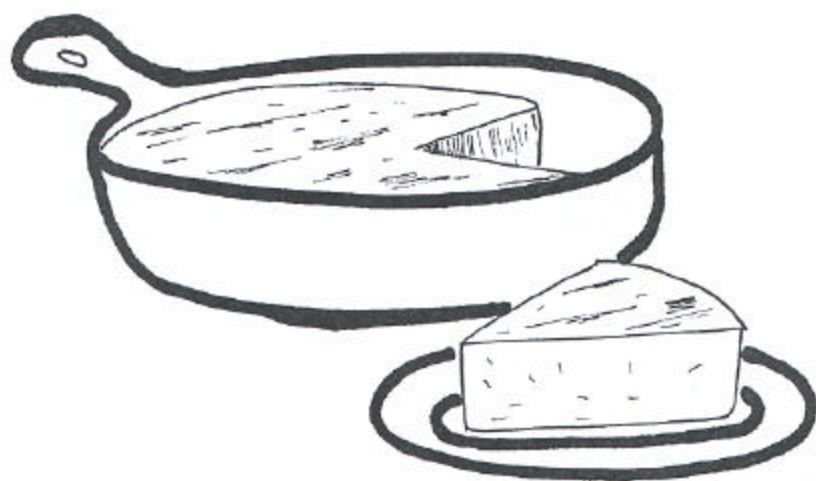


**noodles & macaroni**



## GRAIN GROUP

cornbread

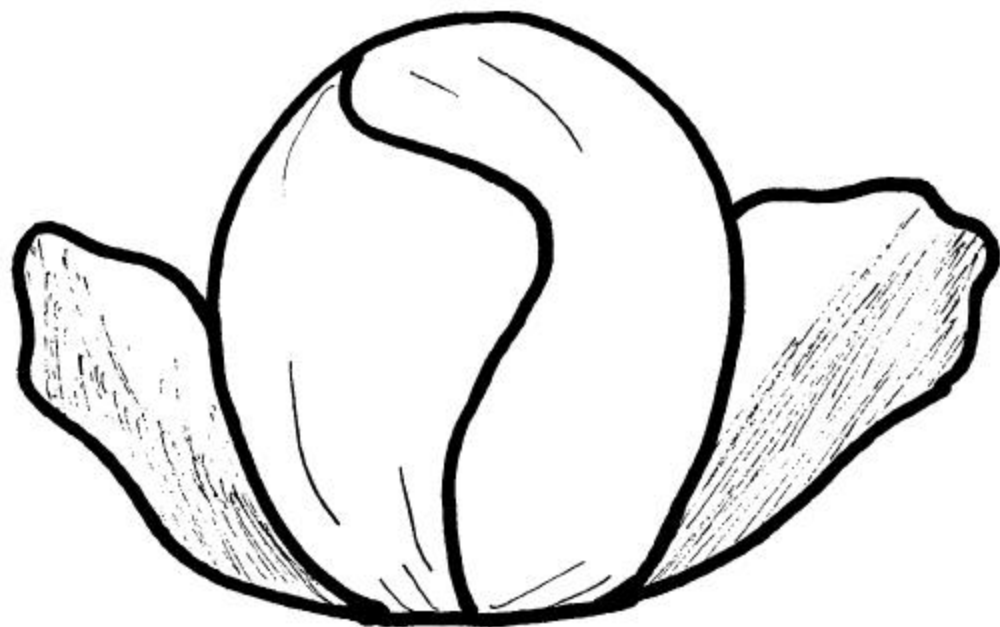


rice



## VEGETABLE GROUP

**cabbage**



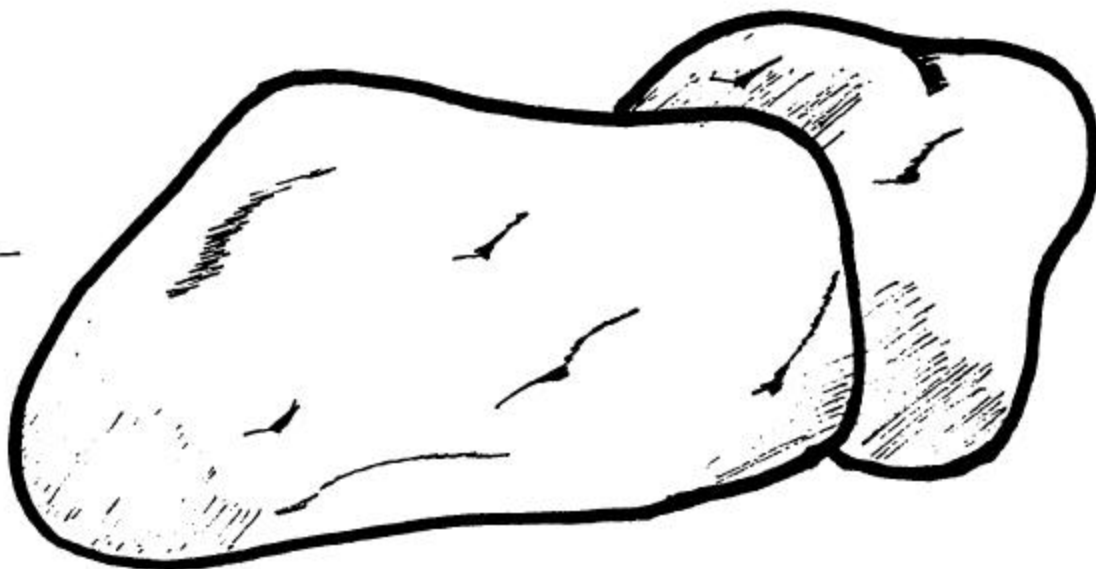
**carrots**





## VEGETABLE GROUP

**potatoes**



**tomatoes**

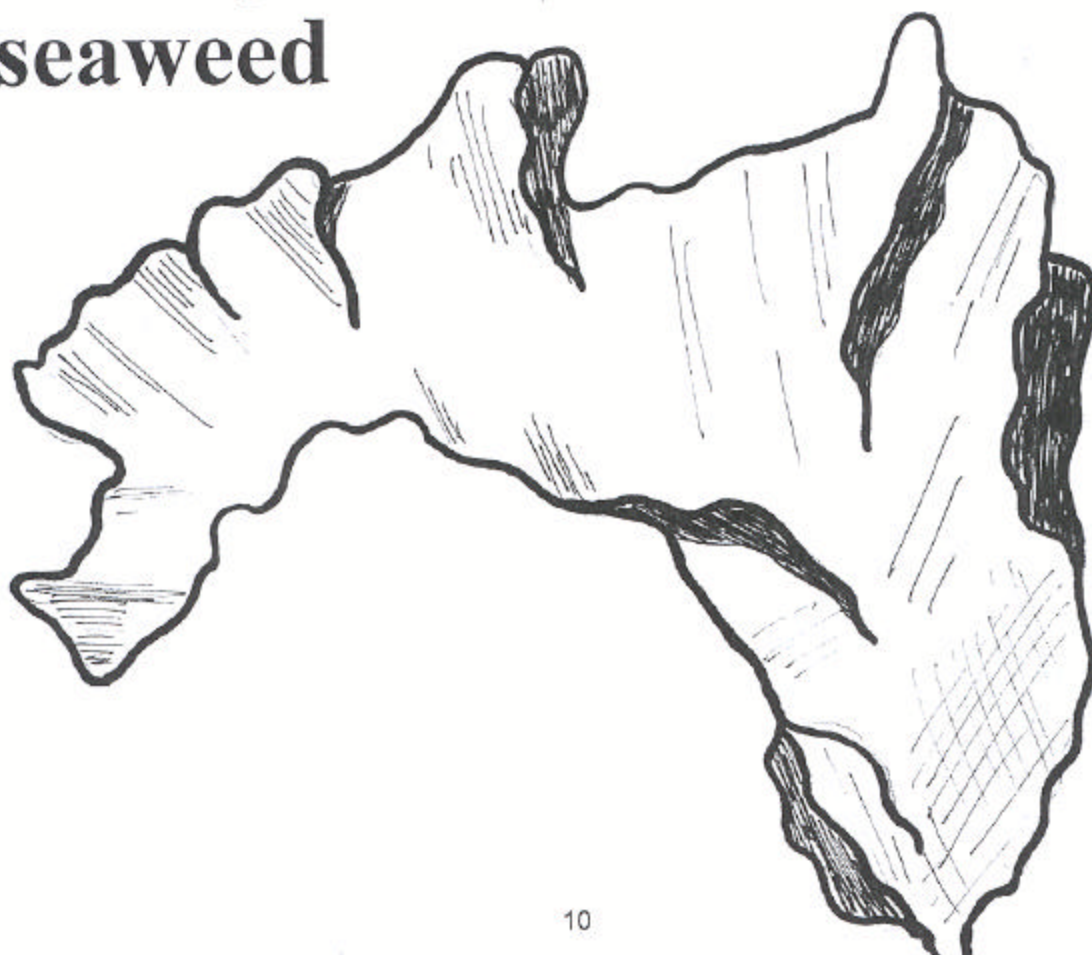


## VEGETABLE GROUP

### dandelion greens

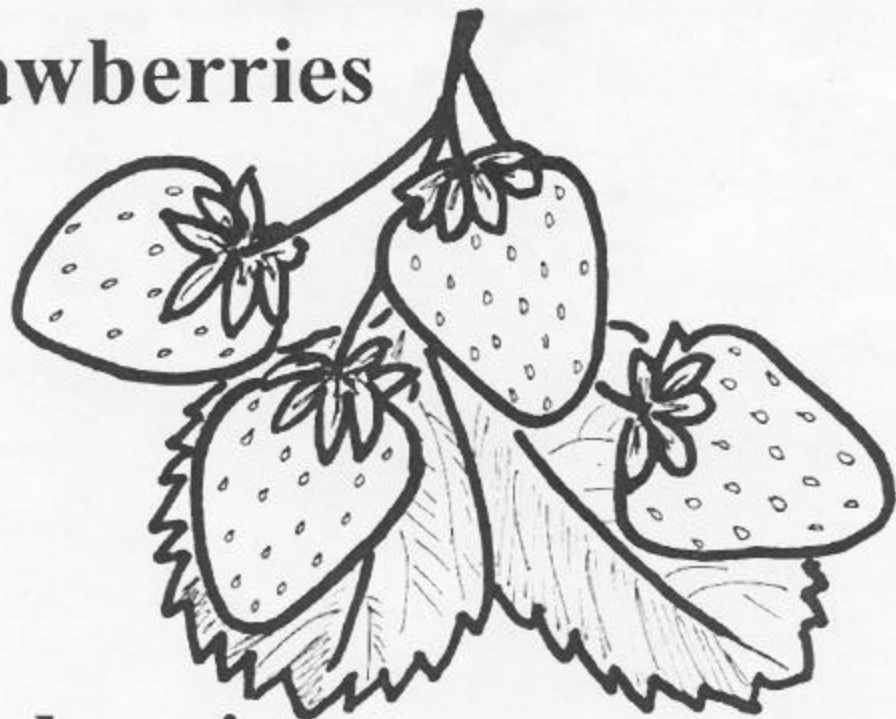


### seaweed

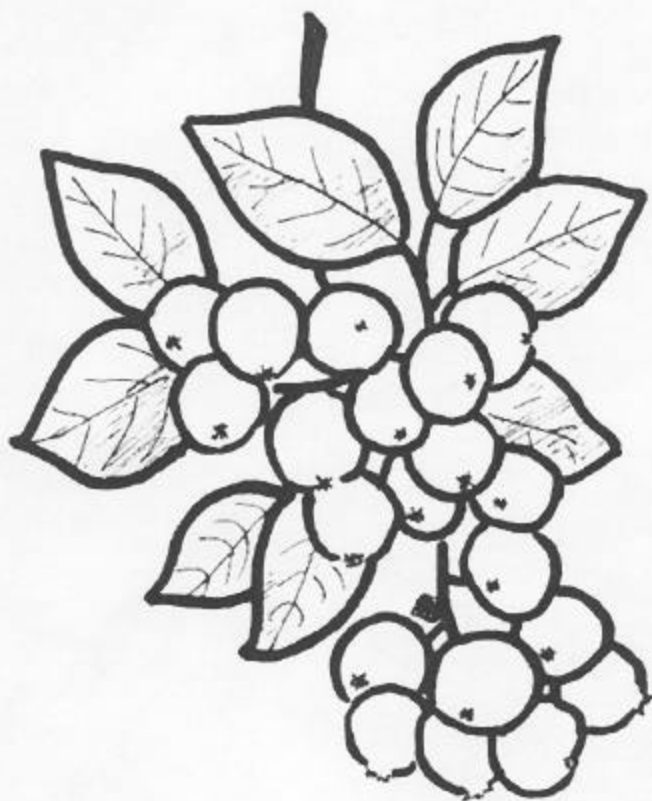


## FRUIT GROUP

strawberries



blueberries

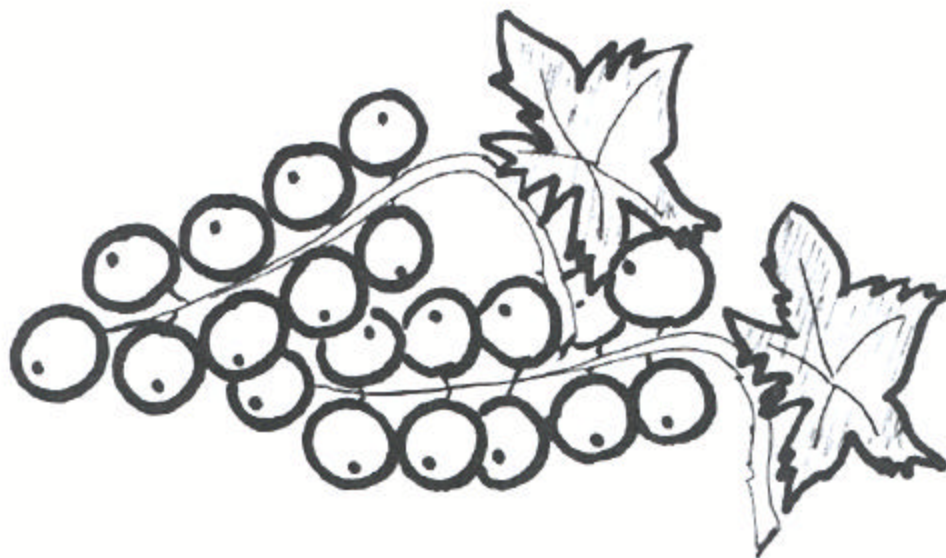


## FRUIT GROUP

raspberries



currants

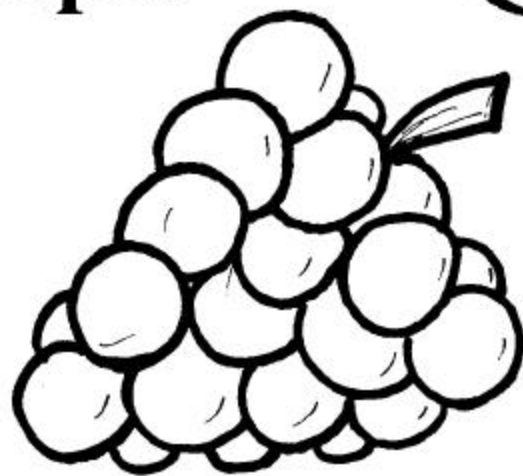


## FRUIT GROUP

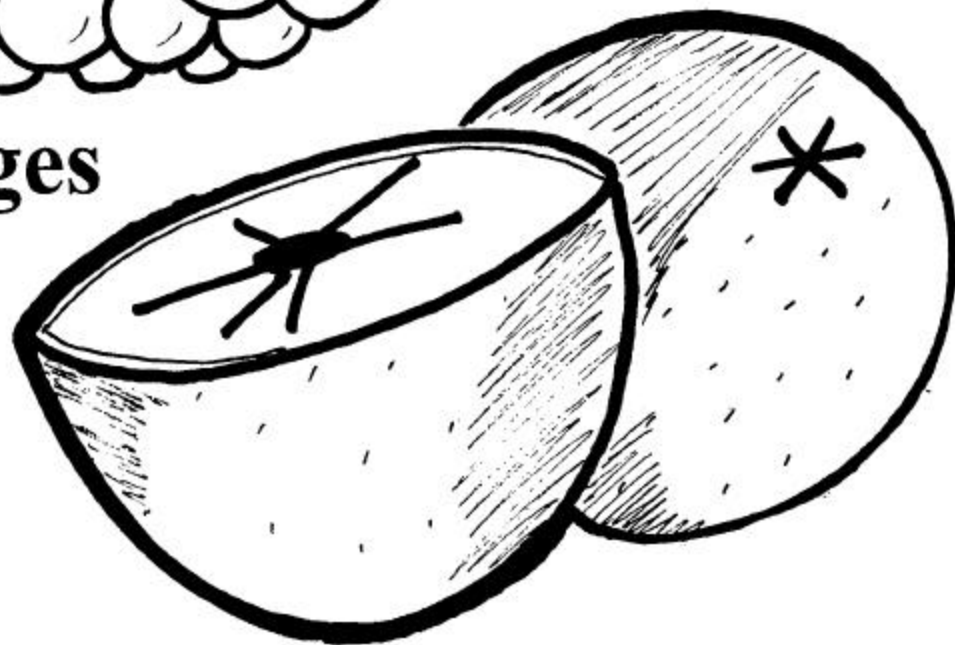
**crabapples**



**grapes**



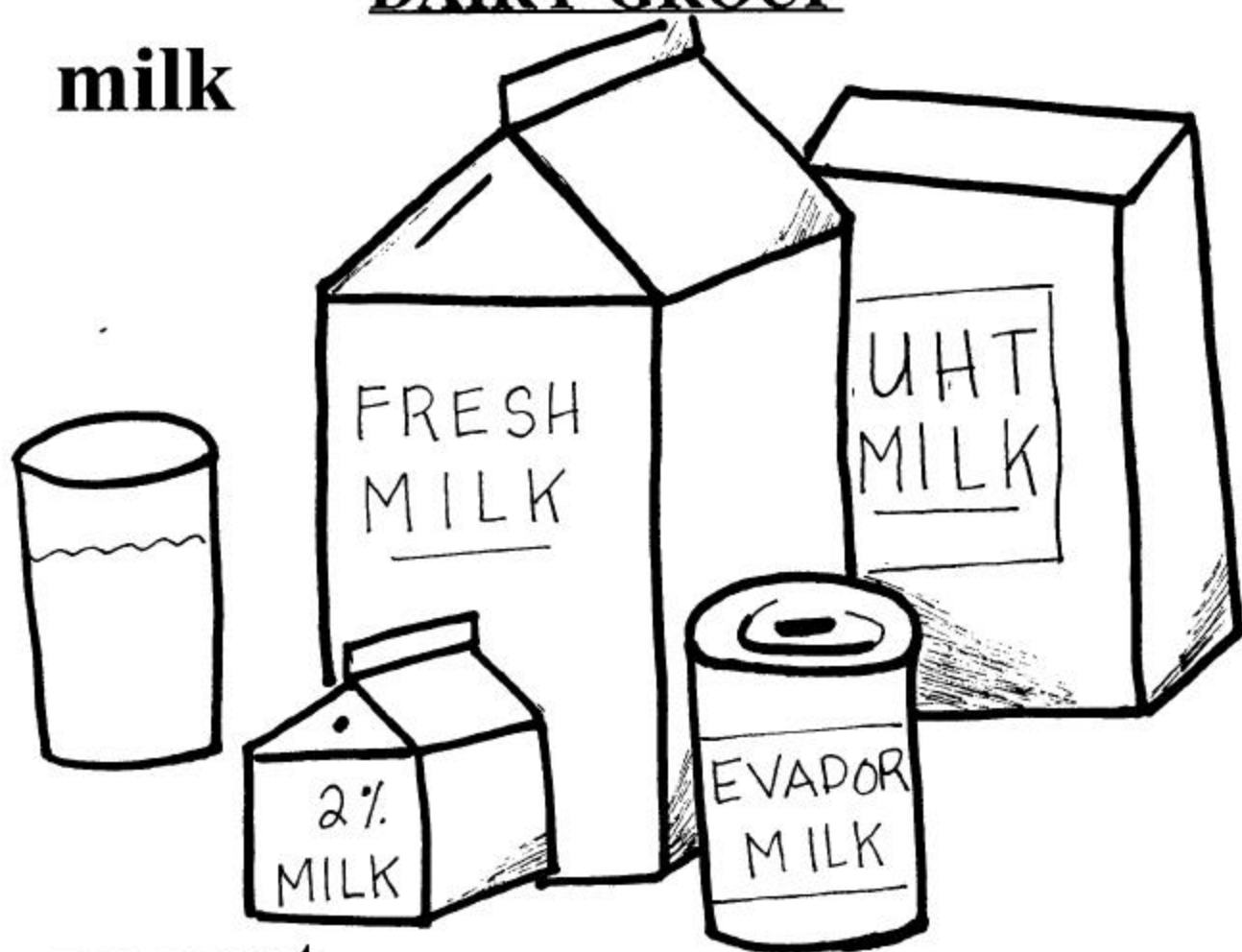
**oranges**





## DAIRY GROUP

**milk**

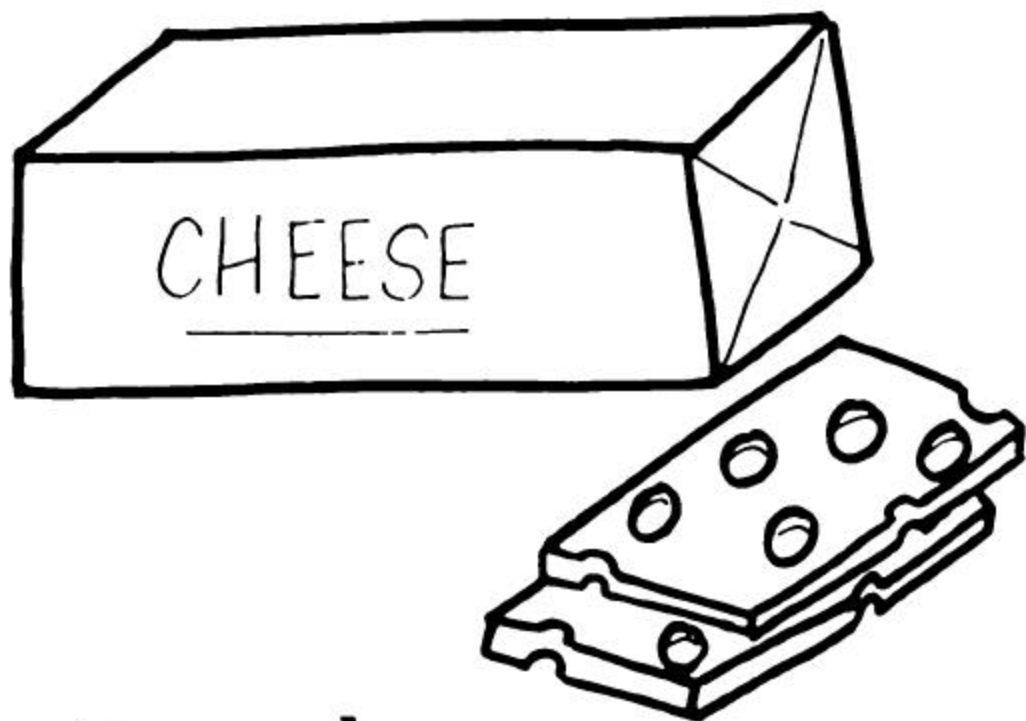


**yogurt**



## DAIRY GROUP

**cheese**



**cottage cheese**



## MEAT & FISH GROUP

### **moose**

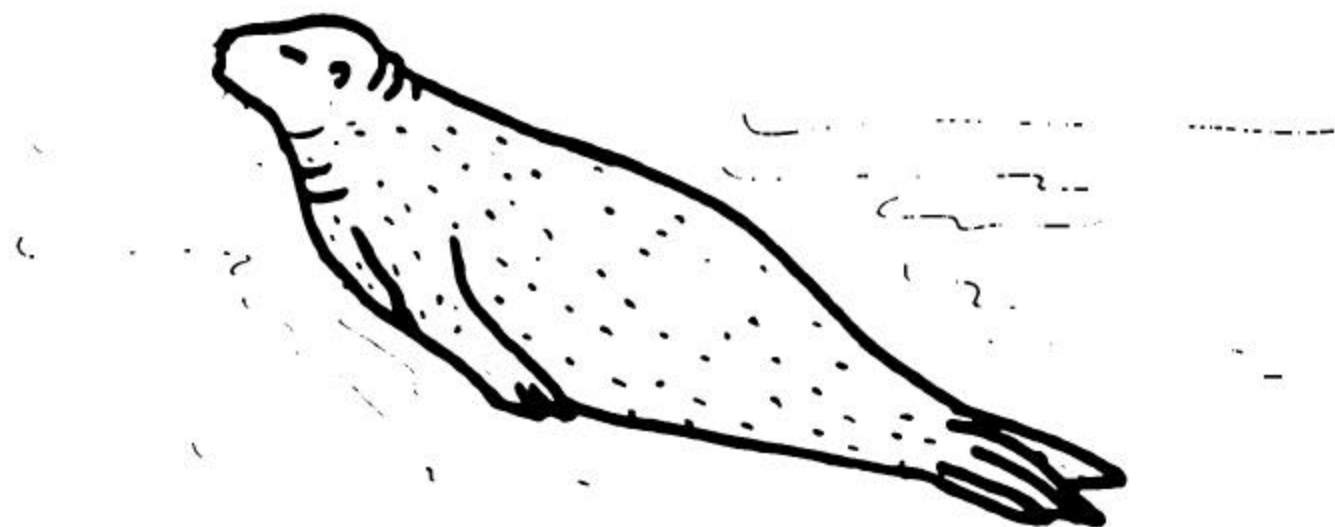


## MEAT & FISH GROUP

**rabbit**

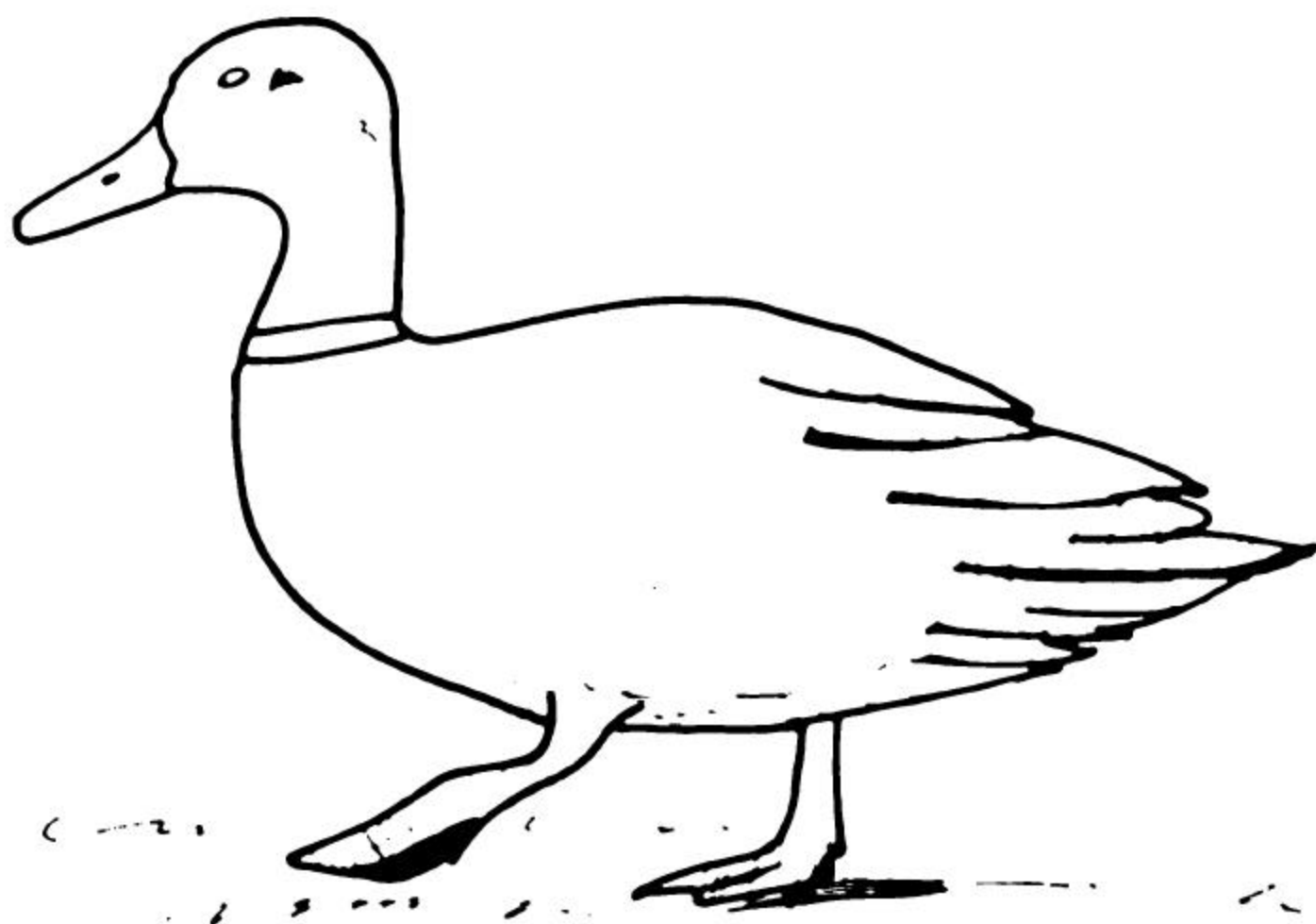


**seal**



## MEAT & FISH GROUP

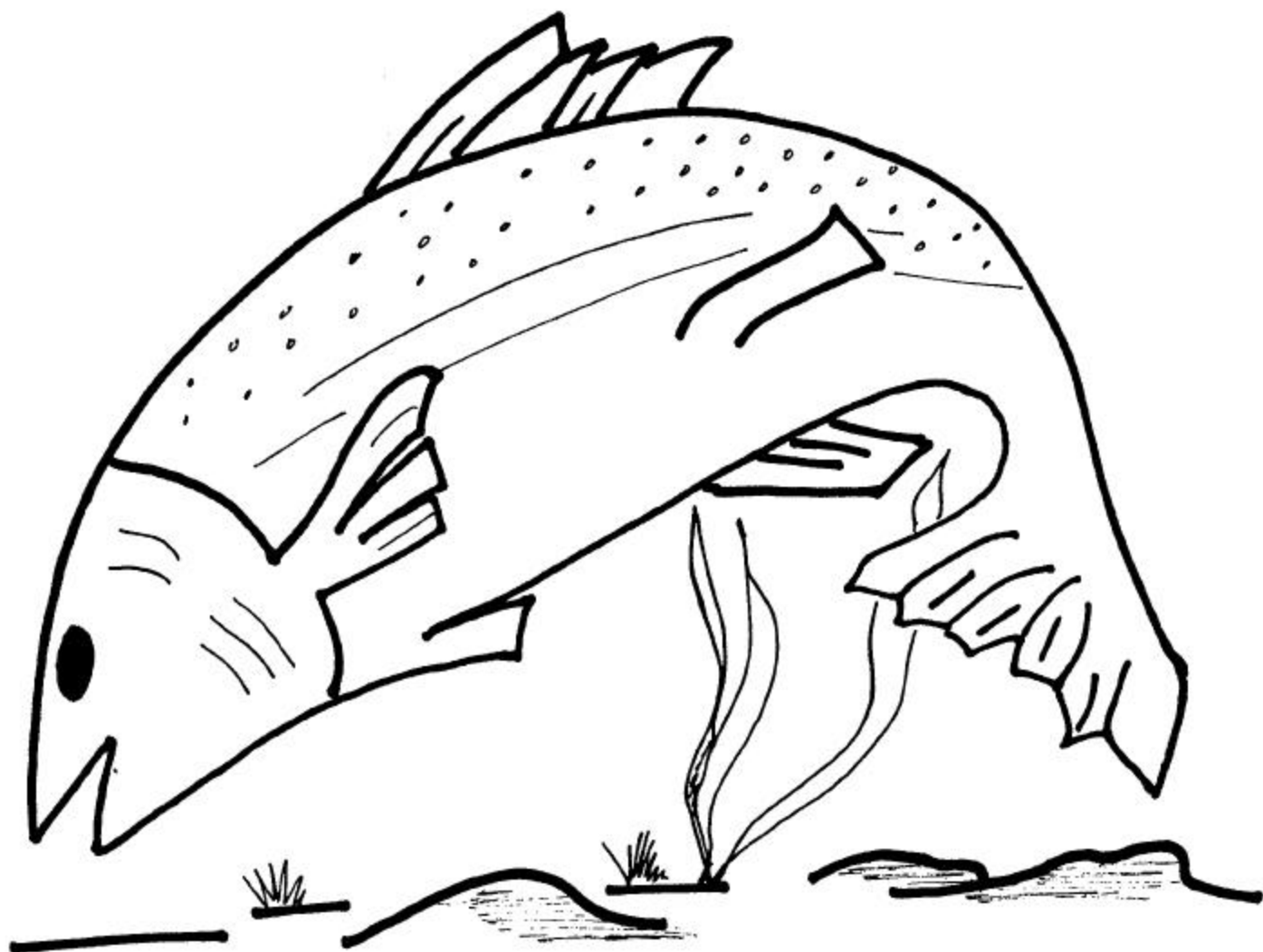
duck





## MEAT & FISH GROUP

**salmon**

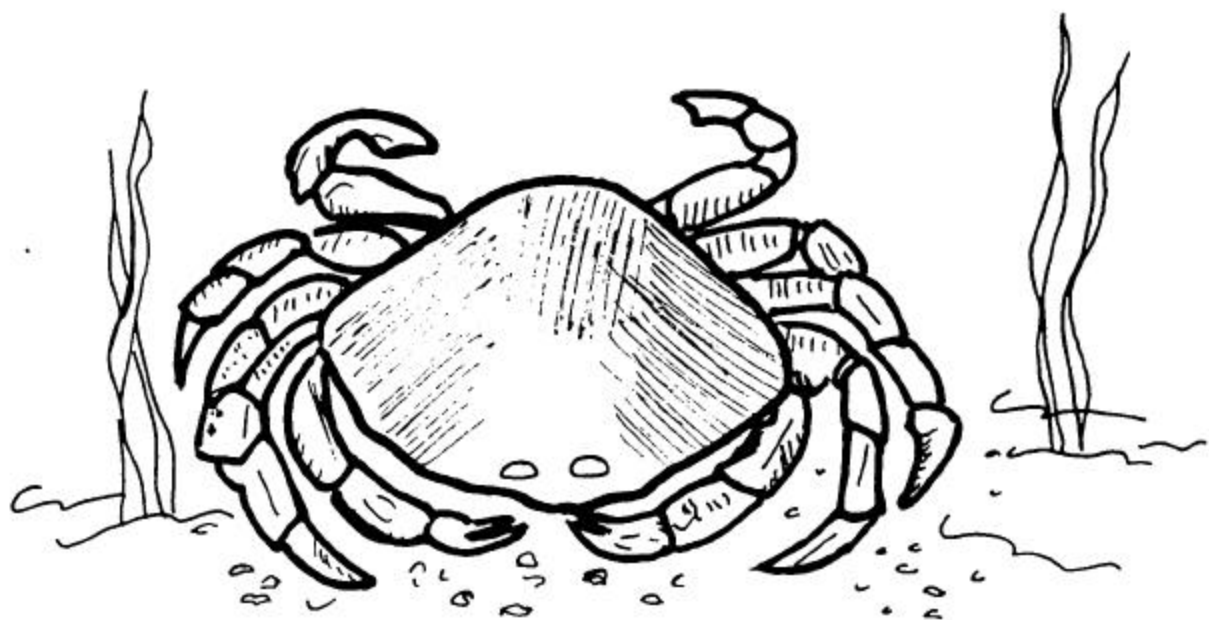


## MEAT & FISH GROUP

**clams**

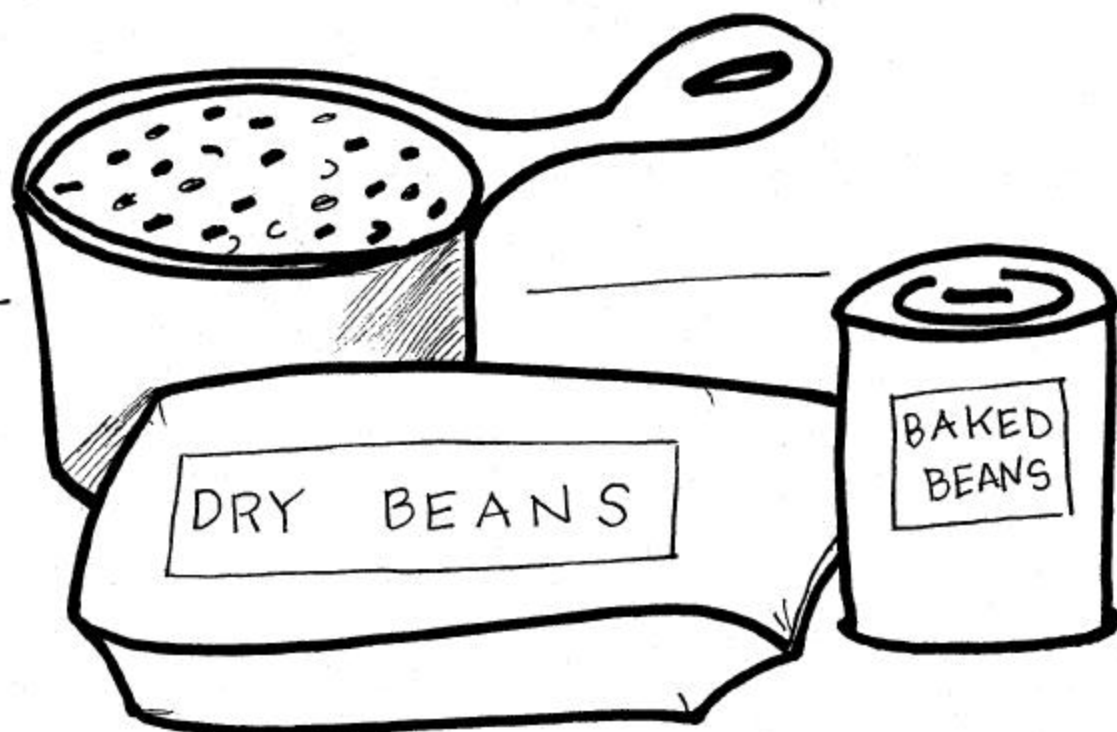


**crabs**

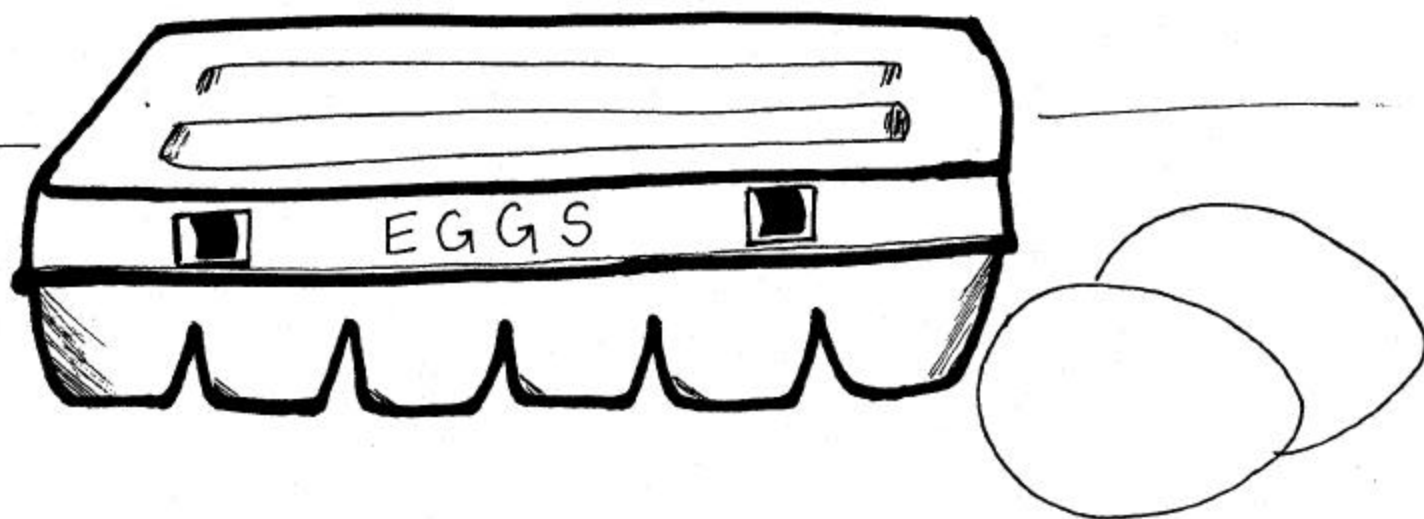


## MEAT & FISH GROUP

beans



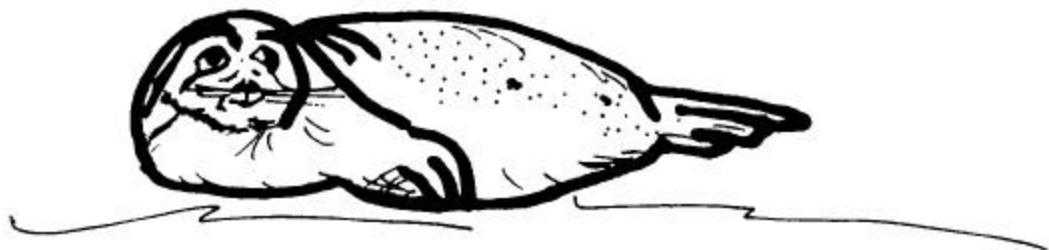
eggs



## SWEETS & FATS

\* just eat a little \*

**seal fat**



**cookies**



**fruit drink**



**Captain Karen also tells us  
that we must do many  
things everyday to stay  
healthy.**

**brush your teeth**



**eat breakfast**





**walk**



**read a book**



**get a good night's sleep**



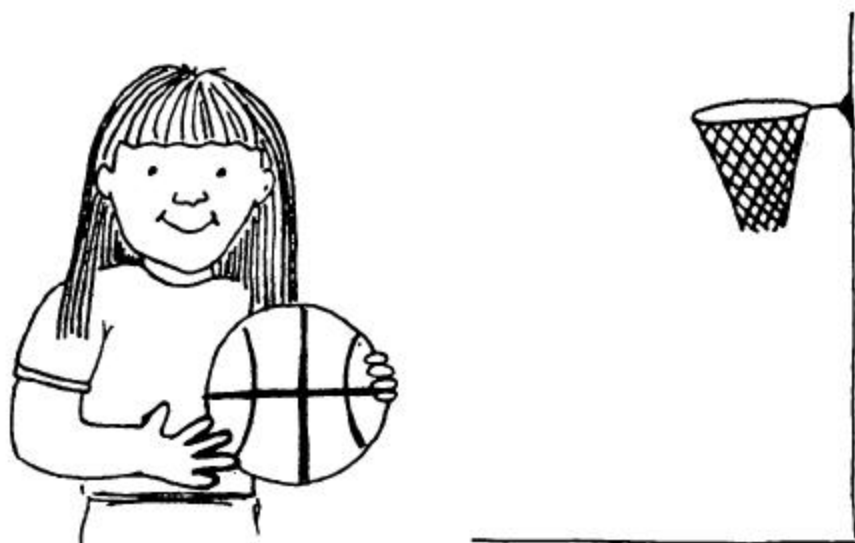
**eat a variety of good food**



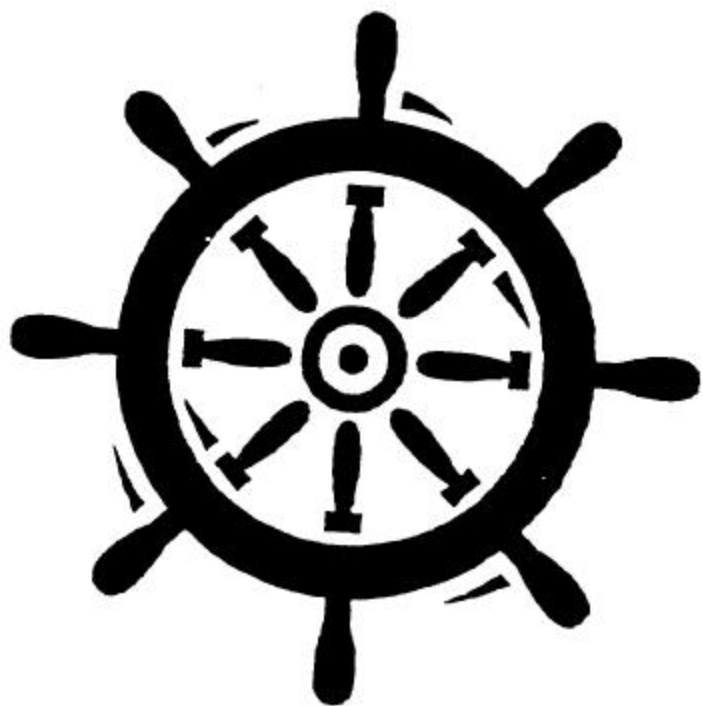
**drink water**



**play**



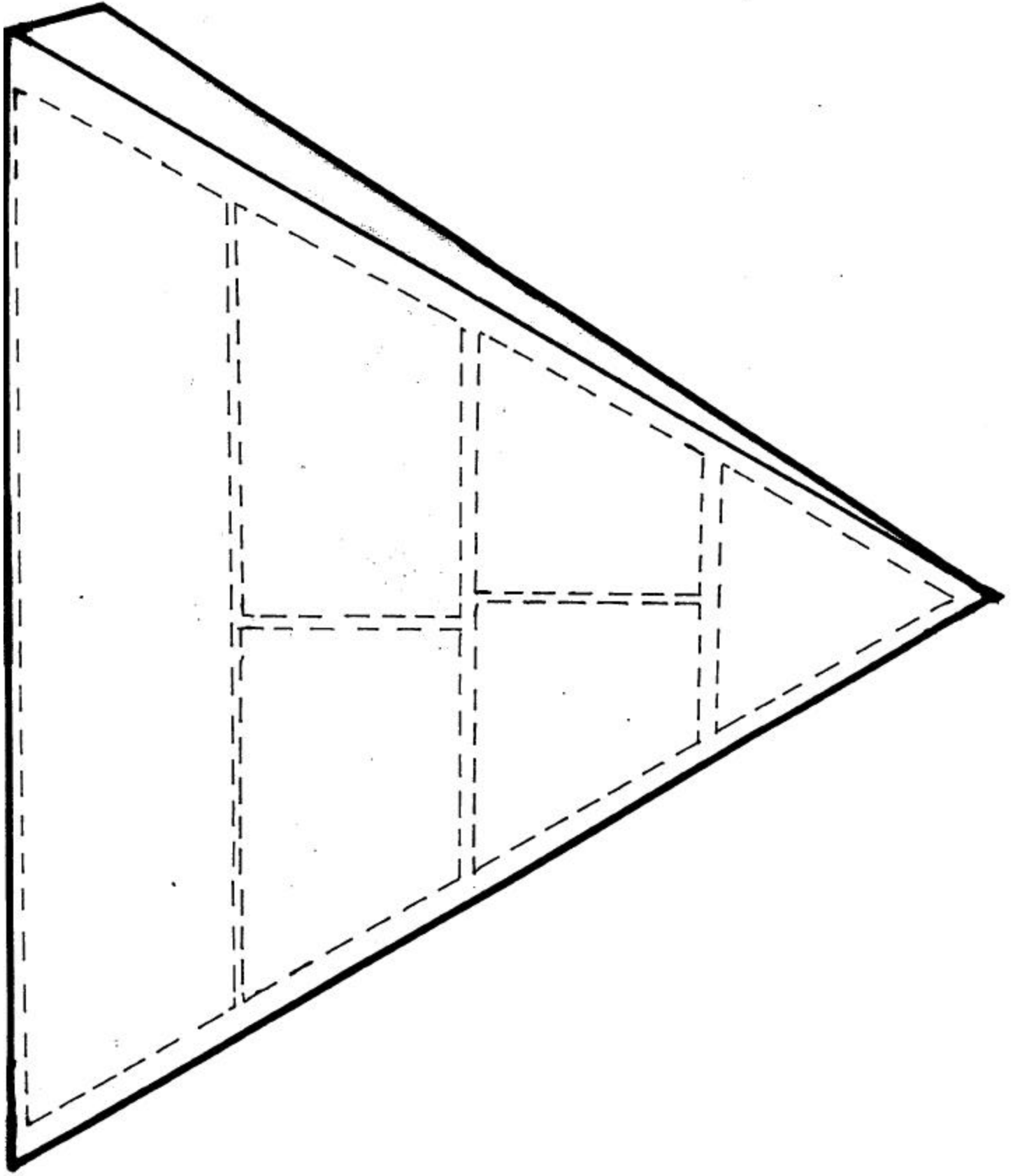
**Captain Karen would like to thank you for sailing aboard the good food sailboat. She wants to remind you to eat a variety of good food and hopes that you will sail again soon.**



# ACTIVITIES



**Food Guide Pyramid**

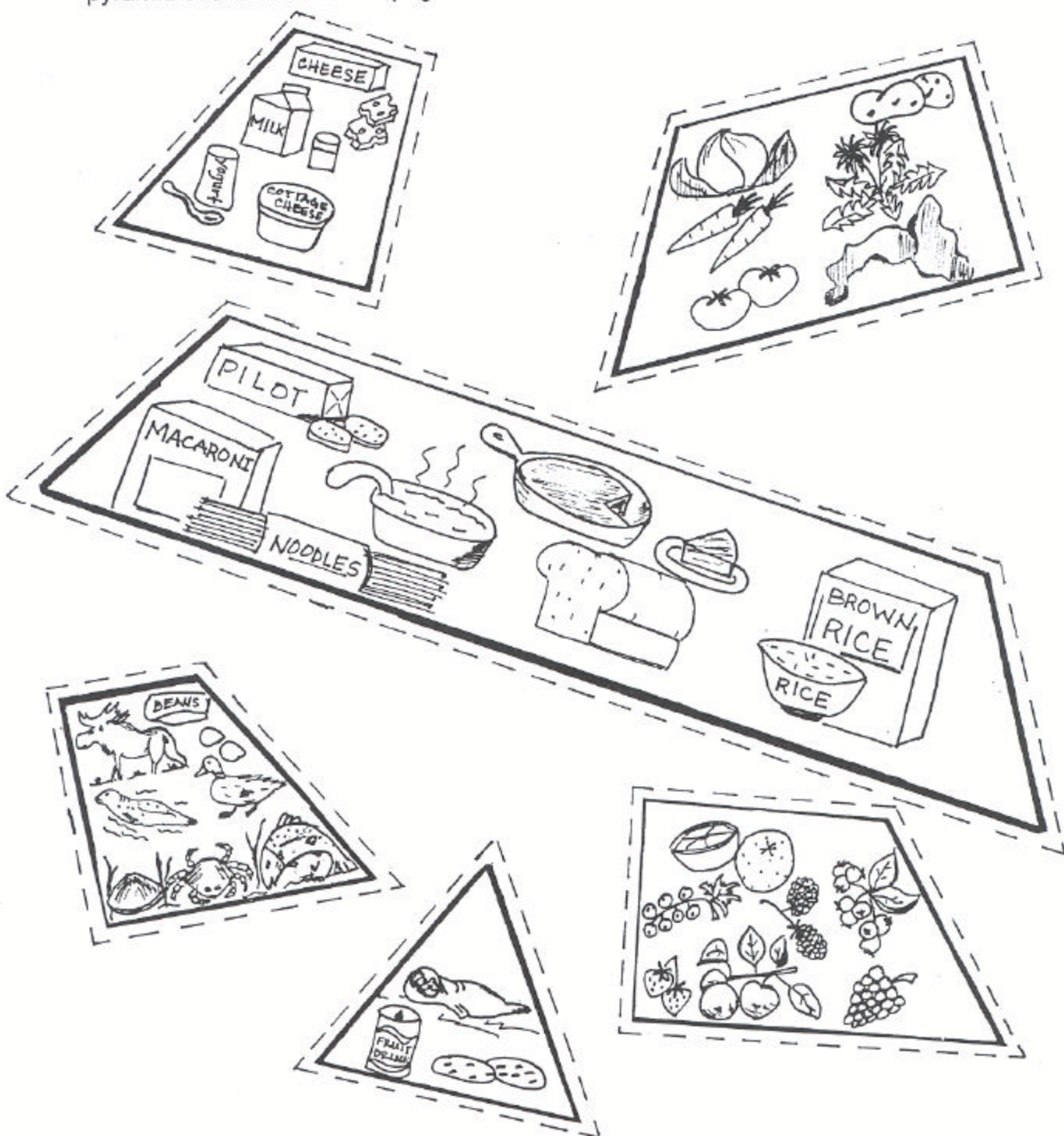




## ACTIVITIES

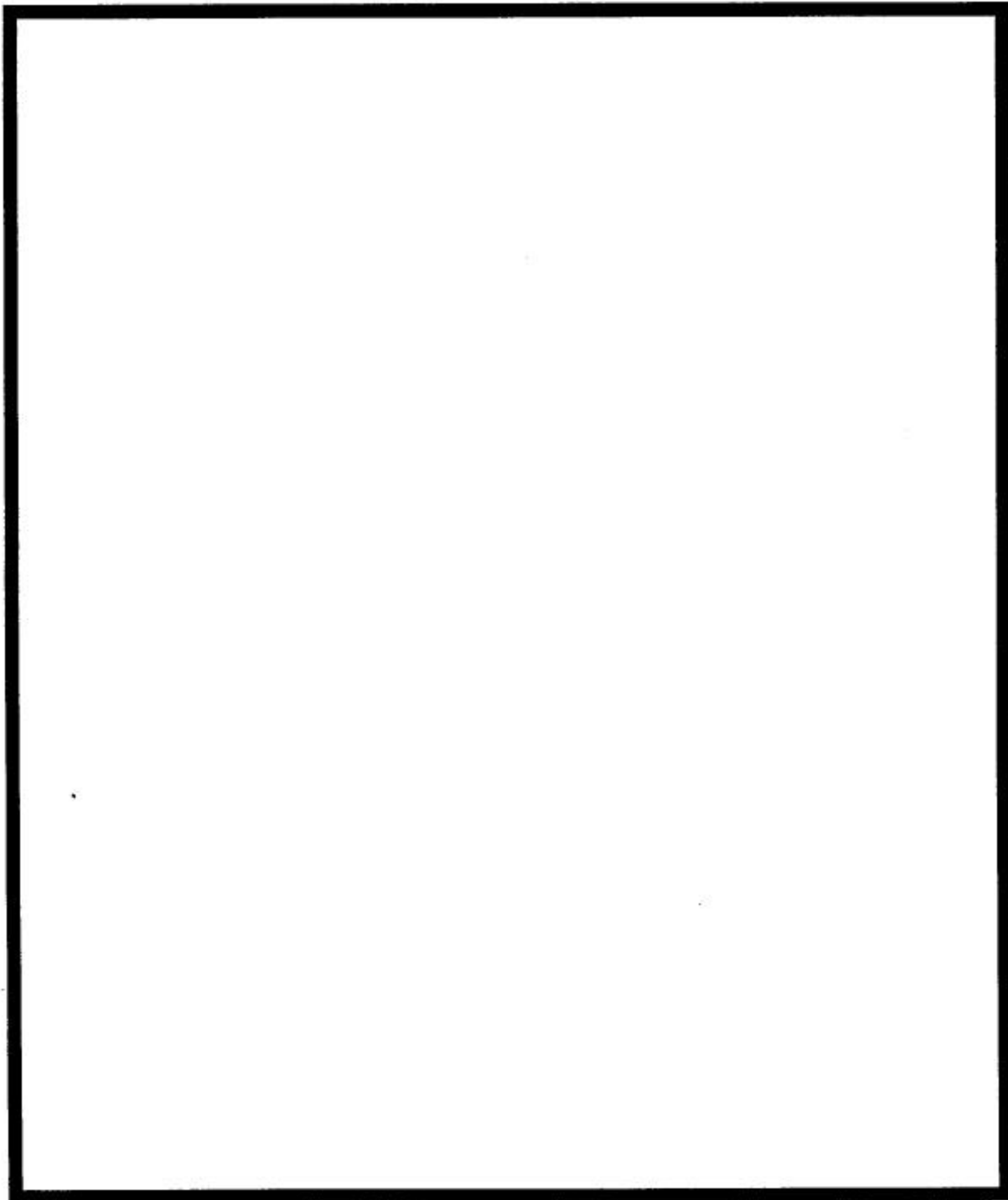
### 1. Pyramid Puzzle

The food guide pyramid shows us the amounts and the different foods we should eat each day. Color and cut out the pieces and glue them to the pyramid outline on the next page.



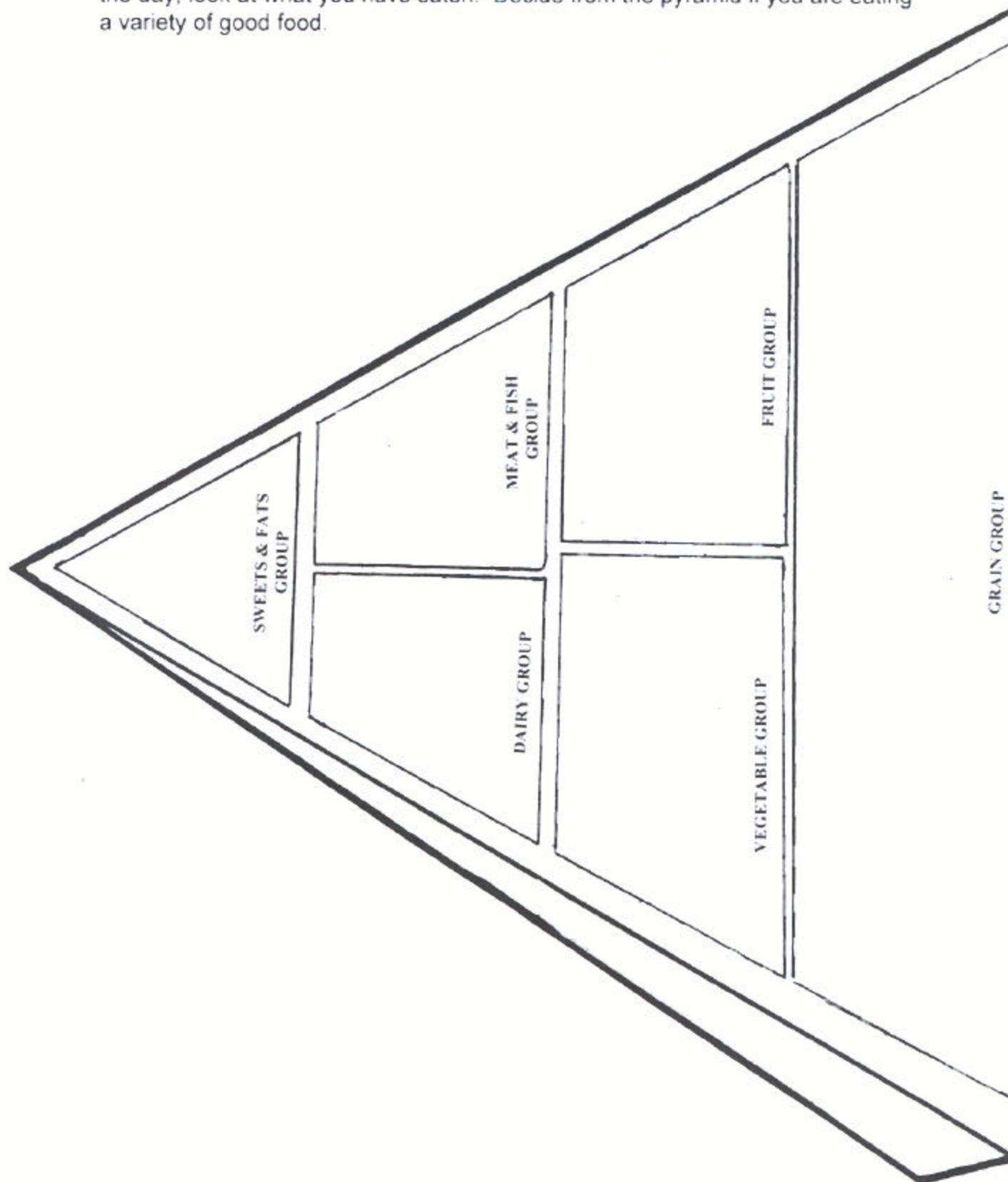
2. **Good Food Place Mat**

Design a good food place mat to remind you to eat a variety of good food. Include foods from each category of the food guide pyramid.



3. What Did You Eat Today

Cut out the pyramid and hang it on the refrigerator. Throughout the day draw pictures of what you have eaten into each pyramid section. At the end of the day, look at what you have eaten. Decide from the pyramid if you are eating a variety of good food.



# **NUTRITION SERVICES**



## **Maternal, Child & Family Health**

**Developed for the Alaska WIC program by Janet Bruffy, student intern,  
Washington State University**

**1996**

**Concepts adapted from the Alaska Good Foods Book,  
Alaska Area Native Health Service.**

**Call WIC for more information**

**1-800-478-2221**